PE 308 Theory and Psychology of Coaching

Chapter 1

Chapter 1 Key Concepts

- Coaches need to understand the value of a coaching philosophy.

- Coaches must know who they are and what kind of coach they want to be.

Philosophy

- The beliefs or principles that guide the actions we take.

- A theory or attitude held by a person that acts as a guiding principle for behavior.

Our Philosophies Determine:

- The way we view objects and experiences in our lives as well as the way we view people and our relationships with them.

- The values we hold.

The Philosopher Epictetus said:

"The beginning of philosophy is to know the condition of one's own mind."

Do you know the condition of your mind?

Are your philosophies well defined? Or are you uncertain about your beliefs on important issues in life and in coaching?

Uncertainty can lead to inconsistency in behavior, which can destroy relationships and create chaos within a family or team.

Developing Your Coaching Philosophy

- Chapter 1 introduces the concept of developing a coaching philosophy and describes how having a coaching philosophy helps a coach make difficult coaching decisions. This chapter covers the first major task associated with developing a coaching philosophy – increasing self-awareness.

- The key to developing a philosophy of coaching – and of life – is getting to know yourself.

Why Philosophy?

- Coaching is a challenging profession with many difficult decisions and ethical dilemmas.
- A well-developed philosophy helps you make these difficult decisions and coach more successfully.
- Without a well-developed philosophy you may find yourself lacking direction and readily succumbing to external pressures.

Purposes of a Philosophy:

- Having a well-developed philosophy removes uncertainty about training rules, style of play, discipline, codes of conduct, competitive outlook, short- and long-term objectives, and many other aspects of coaching.

- If you give equal time to developing your philosophy and to developing your technical knowledge of the sport, you will be a better coach.

Your Philosophy:

Two important ingredients of a philosophy:

1. You must own your philosophy.

2.Your philosophy is expressed by what you DO, not what you SAY.

Developing Your Philosophy:

- You already have a philosophy on life and probably on coaching. But is it well-developed in your mind?
- You may be conscious of your philosophy on life, or it may reside at a more subconscious level.
- Philosophies are lifelong in their development and will change over time.

Developing Your Philosophy:

- Developing Self-awareness
  - The Three Selves
    - Ideal Self
    - Public Self
    - Real Self
- Self-esteem
  - Judging your competency as a person and a coach.
- Self-disclosure
    - Enables a coach to build strong relationships.

Developing Self-Awareness

- Ask yourselves these questions:

1. Who am I?
2. What do I want in life?
3. Where am I going?
4. Is my behavior in line with my life's goals?
5. Am I proud or ashamed of who I am?
6. Am I happy or unhappy?
7. Why do I coach?
8. Am I coaching for the right reasons?
9. What are my goals as a coach?
10. Am I a good coach?
11. What would make me a better coach?

- This is a good place to start in developing self-awareness.